

## *School health education*

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### ***Abstract :***

*Health education means modifying the behavior, attitudes, and habits of individuals with regard to the health aspect of their lives, by providing them with the necessary information to follow modern health methods, and introducing them to wrong habits and behaviors that negatively affect public health, and the responsibility for maintaining which falls on the shoulders of every individual in society. It is one of the basic rights affirmed by international conventions, and therefore societal institutions, especially schools, must bear their responsibility in maintaining the comprehensive health of students, and adopt caring methods, as school health is considered a set of concepts, principles, and services that are provided in order to enhance the health of students and the health of society. Through schools, therefore, the main goal is to improve and preserve the health of the student and raise his level of education. Therefore, many researchers and those interested in this aspect have devoted themselves to studying it and studying the most important difficulties facing health education, especially school ones in our current era, and one of those studies is this study that aims to identify On the reality of school health education within the framework of raising community health awareness in the face of health crises and pandemics, which demonstrated the importance of school health education in the lives of our students, which reflects positively on the entire society.*

***Keywords:*** education - health – school

## **. The introduction:**

In view of the great impact that human health has on the advancement and progress of society, societies have given this aspect much care and attention, and have taken education as their tool for this, whether at the level of individuals by educating them and acquiring them healthy principles and habits, or at the level of groups by raising their culture through awareness programmers. And scientific conferences, and since educational curricula are the school's means of achieving educational goals, the school's role in confronting health problems can only be achieved through those educational curricula (Salem, 2008), Health education is an important part of the educational process through which raising awareness is achieved.

Therefore, the school is one of the community institutions that bears the greatest burden in developing its members' awareness of the necessary health experiences and knowledge to help them adopt healthy healthy behaviors from a young age. This will not be possible except with the combined efforts of all those responsible for the educational educational process, including teachers, administrative bodies, And school health doctors (Al-Qass, 2016), and in response to the recommendations of international conferences, efforts in all Arab countries have been directed to the necessity of including health concepts in the components of curricula and textbooks, based on the nature of health education as a way to implement the goal of human protection, and because it is not a separate branch of Sciences, or an independent study subject, but it should be implemented in accordance with the principle of integrated, lifelong education (Aslim, 2010), Health education is the effective means to achieve these purposes, and work to improve the health of individuals, and health education in its modern concept is an educational process through which it is achieved to

raise the health awareness of the individual. By providing him with information and experiences with the intention of influencing his knowledge, inclinations, and behavior in terms of his health, and the health of the community in which he lives, in order to help him lead a healthy life (William, JH and Abennathy, 1959), When looking at health education within the framework of education, it means the educational learning process in which it is used. Systematic educational methods through which students are provided with knowledge, facts, concepts, and health behaviors, which contributes to modifying and developing their behaviors to be consistent with the correct trends of society (Al-Barakani, 2014),

Therefore, all countries of the world began to include school health and its various programs within their educational systems, in order to provide health care. Both aspects of public health, and protecting students from diseases, especially infectious ones, in light of their presence in large human complexes, and in small spatial areas, especially after institutions and international organizations such as the World Health Organization and UNESCO gave most of their attention to school health and approved departments, cadres, and huge budgets for this (Hawari, 2020), especially when these institutions adopted slogans such as “Health for All” and “Education for All.” School leadership is one of the most important pillars upon which the success of health programs in schools depends. It has many tasks and faces many challenges that it must overcome. In order to make these programs successful, and to fulfill their role and achieve their goals, they undertake administrative processes that include planning, directing, and coordinating the efforts of teachers, administrators, health teams and their committees to carry out their work in the best way (Al-Salmi and Hussein, 2021), Therefore, health is considered a strong support for effective education, as it was previously said that a

healthy mind resides in a healthy body, and since schools constitute the largest gathering of people and within sensitive age groups, and need continuous awareness and education in all fields, especially health ones, and because these age groups belong to a large number Of the families that constitute the nucleus of society, any health defect that may affect them may constitute a national danger that threatens public health, and from here we note that these programs are not only concerned with education, but go beyond it to providing health care, and also show a strong correlation between health and educational attainment, when The student is exposed to health symptoms that force him to miss school, and his condition may worsen, which forces him to stop learning, causing failure and a decline in the level of achievement (Steven, et, al, 2015), Educational systems believe that one of their tasks and goals is to protect young people from social evils, such as drug addiction, And alcohol and smoke, which is consistent with the visions of health care programs that call for the combined efforts of educators and health care specialists with school administrations to hold training workshops and awareness lectures to prevent students from falling into the trap of these diseases that exhaust them health-wise, and exhaust their families, society, and state budgets in the cost of hospitalization. And recovering from it in the future (Fadda, 2012), as the school is a small nucleus of society. Rather, they are complete mini-communities consisting of groups that vary in age, behavior, societal backgrounds, and interests. Therefore, any effort to keep society healthy and healthy must begin with the family and society, and because each A student is an ambassador for his family in the school. He is necessarily influential and affected by everything that happens inside the school, especially since the majority of the age groups in schools are teenagers, and they are the age groups most exposed to health symptoms as they go through rapid physical and psychological changes on the one hand, and on

the other hand, these... The group is exposed to social problems such as drugs, smoking, etc. (Saliha, 2016).

### **Health education concepts:**

Health education is defined as the means of ensuring the intelligent and correct use of health information, that is, the ability to use the information and place value and meaning on it (Hawaj, et, al, 2006, p: 3), Accordingly, health education is one of the most important areas of modern public health, and is considered an essential part of any public health program. Health education is not considered an improvisational process, but rather has become an artistic process with its own educational foundations and principles (Salama, 2001), Researchers and specialists have dealt with health education with several definitions, and despite the differences in dealing with the definition of health education, they agreed on some of them, such as what was stated in the education dictionary, where Health education is defined as: curricular courses related to the study of growth leading to physical and mental health and includes topics such as nutrition, health, smoking, drugs, and sex (Zahran, 2009, p: 1), However, in Youssef Kammash's book, he defined health education as a phrase About the process of translating known health facts into healthy behavioral patterns at the individual and societal levels, using modern educational methods (Kamash, 2009, p: 33), Khaled Walid Al-Saboul also adds to us a definition of health education specifically for children, which is as follows: It is dealing with Children with behavior and feelings consistent with their age, taking into account their needs, and teaching them how to protect themselves from problems, diseases, and dangers while providing the necessary tools to achieve comfort, both physical and psychological (Al-Saboul, 2005, p: 20), Both Salwa Othman Al-Siddiqi and Al-Sayyid Ramadan agree in Their book, Public Health and Health Education, is that it is the process that provides

members of society with information, trends, experiences, and healthy health practices, and it may be a process of changing thoughts and behaviors related to health and thus the process of teaching individuals to protect themselves from health problems and diseases (Al-Siddiqi, et, al, 2004, p: 55).

### **Principles of health education:**

School health must be based on the principles of health education, which Al-Amin (2004) mentioned as follows:

Health education is a shared responsibility between the school, home, and society. Health education succeeds in school if it receives the attention of school administrations. An individual's personal health depends on hereditary and acquired factors. Teaching health education programs must be part of the school curriculum.

### **The importance of school health:**

The importance of school health education arises from the premise that health is the most valuable thing a person possesses, and without it, a person is not able to carry out his responsibilities and duties. Therefore, health education is the means through which the student is made aware from a young age of everything that helps him maintain this health through what is presented. Through its programs, he acquires health knowledge, and the health attitudes and values he acquires that ultimately lead him to acquire sound health behavior (Ahmed, 2009, p: 11), and the student's acquisition of healthy behaviors through school health education makes him an influential element capable of influencing his family. And his community, which helps in spreading health awareness in society, especially since school students, especially in the basic education stage, represent a large segment of the population, and children at this age stage represent an important percentage of society, amounting to approximately a quarter of the population, and

therefore modern education focuses on education Health is a means to achieve education goals, and this requires that these students be in good health so that they can exert effort and mental and physical activity (Al-Amin, et, al, 2004, p: 17), The many health problems, problems and bad nutritional habits that students face in their school years, and the lack of Their ability to reach appropriate solutions to them, and their need for someone to guide them to appropriate solutions, calls for attention to health education among members of this group, to make them aware of the necessity of taking care of their health, paying attention to their food, and personal hygiene, and making them aware that their health is their responsibility in the first place before it is the responsibility of the government. And health authorities (rainey hubbard, j, b, 2007, p:332), The importance of school health education is also highlighted through the opportunities it provides during the study period to influence students and their families, provide them with information and accustom them to healthy behavior. It also provides the opportunity to train students on behaviors related to Life in general and health in particular, and students often need an educational climate that helps in acquiring healthy habits and modifying unhealthy behaviors. School health education also has an important role in the sound physical, psychological, and mental development of the learner. Paying attention to the psychological and physical aspect of the learner represents one of the most important elements influencing The growth of the learner, and through health education it is possible to positively influence the health behaviors and attitudes of community members (Muhammad, 2009, p: 16), School health education is also considered extremely important because of the close connection between education and health education among students, so the possibilities for effective learning are Greater for healthy students; Children who attend school also have a better opportunity to enjoy

a healthy upbringing and good health structure, are more likely to achieve better learning outcomes, and teachers and school staff can practice an effective model of achieving healthy education in school for their own benefit, as well as for the ultimate benefit of the students ( Lawrence Leger, et, al, 2009, p: 2).

### **Aspects of school health education:**

Al-Rasheed (2003) pointed out that among the aspects of school health education is helping the student to develop healthy behavior based on scientific theories, ideas, and skills related to health information and sound health tests, which lead to improving his physical, psychological, social, and mental aspects, as is proven. Most of the negative behavior that affects health in old age is formed by individuals in the stages of childhood and youth in order to obtain better results that support the individual's application of health information and making the right decision regarding his health and the health of others, whether now or in the future (Al-Rasheed, 2003). Therefore, among the aspects of School health education prepares students to make the right decision regarding their health, the health of their families, and the health of society in general. In order to achieve this goal, they must be provided with health education from the preliminary stage of their education to the secondary stage, with a focus on making these students practice school health education activities on their own. And understanding these activities and their importance for them and others. In this context, Binder and Soroshin pointed out that aspects of school health education are determined in preparing healthy students who help in the competitive and economic capacity of their country, as they become efficient producers, their periods of absence due to illness are reduced, and they adopt preventive behaviors, thus reducing spending on treatment. The costs of health and treatment insurance are reduced, and it also aims to address some of the



problems and diseases resulting from the lack of health awareness of students and address the spread of wrong health behaviors, which leads to preventing the spread of many diseases and confronting their transmission between different groups of society (Bender & Sorochens, H, J, 2007 ), Aspects of school health education include helping students understand ideas related to health and disease, the ability to obtain health information, products, and services, the ability to improve health behavior, reduce health risks, and the ability to analyze the influence of culture, media, and technology, Or any other factors on health, the ability to use interpersonal communication skills to improve health, the ability to set goals, and implement decision-making skills regarding one's health, and the ability to promote personal and public health to society in general (Jamil Al-Rasheed, 2003) Among the aspects of school health education is confronting and preventing endemic diseases such as schistosomiasis, hookworm, dysentery, malnutrition, eye diseases, hepatitis, and other diseases whose spread is due to weak interest in school health education and to the lack of development of health awareness among students from childhood, and to Weakness in confronting customs, trends and wrong behaviors spread among people, especially in the countryside, regarding health issues, agricultural work habits, incorrect uses of some materials, agricultural pesticides, the spread of illiteracy, and misconceptions about diseases, their causes and treatment (Hakim, 2015, p: 14), and (Masalha) points out (2004, p: 25) indicated that the aspects of school health education boil down to working on planning a set of educational experiences that include knowledge, facts, and health concepts that lead to students acquiring healthy healthy behaviors, and providing students with behaviors, health skills, and changing behaviors, and skills that are supposed to be harmful to health. Developing sound health attitudes towards health issues related to the individual and society, and

working to spread health awareness among students to take responsibility towards themselves and towards society, as indicated (The Health and Physical Education Teacher's Guide in the Emirates, 2009-2010, p: 11) indicated that among the aspects of education School health care provides students with the basic life skills to adopt a healthy, active lifestyle, the responsibility for decision-making to face future challenges, improve health-related physical abilities to prevent sedentary diseases, provide students with the knowledge and information necessary to choose healthy foods, and spread physical and sports culture in an educational manner that suits the students' abilities. Improving motivation towards practicing physical activity, adopting a more active and lively lifestyle in free time, developing and developing mental abilities, developing the personal traits of students in a balanced manner, and teaching students how to plan physical activities according to their abilities to develop and develop health-related physical fitness, and how to evaluate their physical fitness, Contributing to enhancing the mental health of students by engaging in physical movement activities with groups and friends, which is an important element for the social development of the individual.

### **The role of the school in supporting aspects of school health education:**

The important role of the school is evident in early detection of any health changes appearing in students, and discovering signs of illness and health problems among students. The teacher is the first to discover symptoms of illness in students and assist in conducting comprehensive periodic medical examination of students by recording his observations of his students in the health card. And communicating about it with the health visitor or doctor and the guardian (Fikri, 2016, p: 199), The role of the teacher also

contributes to providing psychological care to the students, and this point is considered one of the most important things in which the teacher contributes to a prominent degree due to his ability to psychologically change the students. It has the ability to influence students, especially at critical stages of life. School curricula also help students develop healthy behavior based on scientific theories, ideas, and skills related to health information and sound health tests, which lead to improving the physical, psychological, social, and mental aspects of the child. The student, as is well established, most of the negative behavior that affects health in adulthood is formed by individuals in childhood and childhood, and to obtain better results that support the student's application of health information, and making the right decision regarding his health and the health of others, whether now or in the future (Al-Mutawakkil, 2003, p: 57), and the roles of the school administration in achieving school health education are determined in a group of aspects, including the school administration's focus on directing the school radio program in encouraging personal hygiene for students, accustoming them to the cleanliness of school facilities, and following up on students who have obvious medical conditions, Ensuring that the student is free of infectious diseases when he enrolls in school, supervising healthy school nutrition, and supervising the safety and health aspects of the school (Al-Masry, 2015, p: 64), Education has standards that include a number of fields that include health topics and aspects related to the health of the individual and society, which are The field of body organs and their functions, which includes the standard of functional information about the body's organs and functions and means of preserving it by avoiding diseases in its various forms, and includes students' ability to recognize the relationship between work, behavior and management, and the field of personal health, which is concerned with the complete safety of the individual and

providing him with health foundations that include appreciation and respect for personal appearance and senses. It is linked to several areas of following good health habits, personal hygiene (clean clothing, teeth), exercising, activities, etc., and the field of community health, which is the study of the state of society with all its components and parties, and knowledge of the local and global health issues and problems affecting it in order to reach a healthy society. Healthy is suitable for raising a healthy mountain free of diseases and capable of production and giving, and the field of environmental health, which is based on the perceptions and skills necessary to understand the complex relationships that connect the student with his biological environment and directs his behavior positively towards preserving environmental resources and the necessity of making good use of them, and the field of nutritional health, which gives the student healthy behavior. In dealing with food in terms of quantity and quality, where students acquire skills in choosing a food system that benefits health and reduces the risk of diseases and future chronic diseases, and the field of mental health includes protecting the mind from harmful information so that the mind becomes healthy and able to perform various mental operations, and it also includes acquiring Students will learn knowledge about feelings, physical health, personality development, morals, and social awareness, and thus they will learn skills for developing self-acceptance, decision-making, and the field of sexual health, which is concerned with refining the sexual instinct by providing scientific information, valid experiences, and the necessary and sound attitudes toward sexual matters to raise a healthy, free generation. Of deviance and sexual diseases (Zahran, 2009), and Al-Faqir et al (2014) add other fields, which are the field of mental health, which includes aspects related to sound thinking, the appropriate expression of emotions, and the field of safety and first aid and focuses on scientific and practical

knowledge to maintain safety, and avoid various accidents and injuries. And instilling the value of saving people's lives and taking into account the prevention of injuries, the field of diseases and their prevention, which includes providing the student with information and knowledge that develops his awareness of diseases of various types, and ways to prevent them. It includes students learning the symptoms, characteristics, and evidence of chronic and infectious diseases, and how to treat them in a way that gives them skills. Related to having health, preventing disease, adapting, participating effectively, and proper behavior at the individual and societal levels, the field of medications and dealing with them, which is related to medication and its benefits in treating diseases to preserve the body, and provides the student with information about the sources of medications, their different types, and the harms of using medication without consulting a doctor.

### **Types of school health services:**

There are two types of school health services that are provided in schools: therapeutic services, which are based on the initial examination of new students, granting and certifying vacations, examining and treating patients, health supervision of activities, events, sports gatherings, and scouting for students, and preventive services, which are based on refresher vaccinations. And seasonality when entering schools, monitoring school canteens, monitoring the availability of health conditions therein, monitoring the school environment, providing awareness activities such as lectures, health bulletins, educational programs, and participating in local, regional, and international health events (Jeanine and Didier, 2010), (Khandakji, 2000) noted indicated that the future vision for the reality of school health for primary schools begins with identifying a health supervisor in each school who will undertake a set of tasks, including coordination of school health services and

programs, supporting the school health system with educational staff, and coordination with the rest of the therapeutic service providers to deal with the therapeutic needs of students and educational personnel. Transforming health units into centers to supervise school health programs and services, transforming health posts into preventive cadres that plan preventive programs in schools, supervising their implementation and evaluation, allocating some financial allocations spent on materials, medical equipment, medicines, and others to finance preventive programs, and transforming health systems. Health information and performance evaluation in the units, from treatment statistics on visitors and patients to the monitoring system, health indicators in schools at a national level, such as indicators of nutritional status such as height and weight, and indicators of some other most common diseases such as tooth decay, poor vision, and hearing, and indicators of some related behavioral problems. Health, such as smoking, and indicators of problems related to academic achievement (Khandakji, 2000), It is noted that there is agreement about the close relationship between education and health, as both seek to provide appropriate conditions for the individual to help him develop comprehensively in all psychological, mental, emotional, and social aspects. It is also noted that the goal The basic aspect of health education is to provide the individual with appropriate and effective health knowledge that leads to the individual acquiring sound health habits and attitudes (Al-Ali, 2001).

### **Recommendations:**

the researcher recommends:

Preparing curricula on scientific foundations concerned with health education, training and preparing highly qualified specialists to teach and coach students on healthy behaviors and everything

related to healthy habits, and highlighting school health education and demonstrating its importance in creating a health-conscious society through seminars, lectures, and visual programs. , audio, and print, and paying attention to developing public and private educational institutions and providing all the equipment and capabilities necessary to protect the child from diseases, providing cleaning and teaching materials within educational institutions, and paying attention to proper nutrition within educational institutions by monitoring workers in canteens and subjecting them to examinations from time to time, and paying attention to the health of students. Through continuous detection of diseases and providing vaccinations to prevent diseases, educating students about the importance of personal hygiene, educating students about the proper way to wash hands, and educating students about ways to transmit infection and how to protect themselves from diseases.

### **Suggestions:**

The researcher proposes to conduct several studies that examine the subject of the study in a more precise and in-depth manner. Officials in the educational pyramid and the health pyramid should take the results of this study and the results of previous studies that will follow it into consideration and place them within the framework of the research. Form a number of scientific and specialized committees in each field on Unity to develop all possible solutions to address all those health problems that may confront the student in educational institutions or in his life in general, and to put all of these solutions within the framework of implementation.

### **Results:**

Health is a requirement for every member of society. Health was and still is a major goal sought by every individual in every society

who aspires to reach higher degrees of sophistication and health balance. Hence, societies have been interested in developing various health programs to preserve the health of their members, and education has been one of the effective channels. To embody the features of health and communicate them to the largest segment of society, which represents a third or quarter of society, and the school has an effective role in promoting health. It has been proven to those interested in health that schools provide a wide space to promote health in all segments of society to prevent health problems before they occur, so paying attention to the health of students inside the school is extremely important in his life, because of what he receives from the outside environment. The school plays an important role in teaching students the principles of health education by bringing them to high levels of health, and providing them with sound health habits. It also has the responsibility of constantly monitoring the students' behavior and spreading awareness. health education among them, and providing preventive, curative, and educational services in order to develop their mental abilities and psychological compatibility. The primary stage is also the most effective stage because the student, at this stage, receives all types of education, including health education, whether in school or society, where we find that health education is a Creating multiple educational experiences aimed at positively influencing the individual's habits, behavior, attitudes, and knowledge as a whole. Hence, attention must be given to planning, implementation, and follow-up, because the school is of great importance in creating the educational climate and creating appropriate conditions to ensure the achievement of educational and pedagogical goals that help the student's growth. Comprehensive and integrated growth in all aspects. The school also has great responsibilities in promoting health education in schools and society by focusing on health programs, raising the



capabilities of school health workers, and activating the role of parents and associations related to the field of school health.

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